



*We are a nut free camp
We offer wheat free options*



BREAKFAST

LUNCH

DINNER



Sunday

- Juice
- Cold Cereals
- Oatmeal
- Yogurt
- Fruit Tray
- Bagels
- Cream Cheese
- Milk/Soy Milk

- Taco Hard & Soft Shells
- Spanish Rice, Salsa
- Taco spiced meat
- Taco spiced Vegi. Crumbles
- Shredded Lettuce
- Chopped Onions, Tomatoes
- Sour Cream
- Churros
- Juices

- SALAD BAR
- Oven-Baked Chicken
- Vegetarian Patties
- French Fries
- String Beans
- Rolls
- Make your own
- Sundae
- Juices



Monday

- Juice
- Cold Cereals
- Oatmeal
- Yogurt
- Fruit Tray
- Egg/Sausage - Muffins
- Milk/Soy Milk

- SALAD BAR
- Macaroni & Cheese
- BBQ Riblets
- Vegetarian Chickpea Patties
- Apple Pie
- Juices

- SALAD BAR
- Spaghetti & Sauce
- Meatballs
- Garlic Bread
- Vegetable Medley
- Pudding
- Juices

Tuesday



- Juice
- Cold Cereals
- Oatmeal
- Yogurt
- Fruit Tray
- Pancakes
- Hot Syrup
- Milk/Soy Milk

- SALAD BAR
- Cheese Pizza
- Pepperoni Pizza
- Jell-O w/ Whipped Cream
- Juices

- SALAD BAR
- Roast Turkey
- Marinated Tofu
- Stuffing
- Creamed Spinach
- Cookies & Fruit
- Juices

Wednesday



- Juice
- Cold Cereals
- Oatmeal
- Yogurt
- Fruit Tray
- Biscuits & Gravy
- Bacon
- Milk/Soy Milk

- BARBECUE
- Hamburgers, Franks,
- Veggie Burgers
- Corn-on-the-cob, Pickles
- Lettuce / Tomato / Baked
- Beans
- Juices
- Watermelon

- SALAD BAR
- Calzones w/sauces
- Fruit Chutney
- Roasted Vegetables
- Ice Pops
- Juices



Thursday

Juice
Cold Cereals
Oatmeal
Yogurt
Fruit Tray
French Toast
Hot Syrup
Milk/Soy Milk

SALAD BAR
Tomato Soup
Grilled Cheese Sandwich
Brownies
Juices

SALAD BAR
Pork Roast
Cheese Ravioli
New Potatoes
Broccoli Rolls
Juices
Fruit Medley



Friday

Juice
Cold Cereals
Oatmeal
Yogurt
Fruit Tray
Scrambled Eggs
Bacon
Toast
Milk/Soy Milk

SALAD BAR
Fajitas -
(Chicken/Beef/Cheese)
Rice/Peppers/Onions
Refried Beans
Fresh Choc. Chip Cookies
Juices

SALAD BAR
Chicken Soup
Roast Chicken/Gravy
Spicy Grilled Tofu
Mashed Potatoes
Italian Ice
Juices



Saturday

Juice
Cold Cereals
Oatmeal
Yogurt
Fruit Tray
Waffles
Hot Syrup
Milk/Soy Milk

SALAD BAR
Chicken Tenders
Tofu Tenders
French Fries
Peas
Cup Cakes
Juices

SALAD BAR
Lasagna
Vegetarian Lasagna
Summer Squash
Garlic Bread
Juices
Ice Cream



Salad Bar

- Lettuce
- Tomato
- Cucumber
- Carrots
- Celery
- Peppers
- Onions
- Chick Peas
- Cole Slaw
- Beets
- Croutons
- Chopped Eggs
- Cheeses
- Olives
- Tuna Salad
- Choice of Dressings
- Soy-nut Butter*
- Jelly
- Oil and Vinegar
- White & Wheat Breads
- Fresh Fruit Basket

